

## Aries

Ideas and visions need to be giving form and a solid ground to grow and expand on. Share your ideas with like-minded souls and participate in growing your community. The New Moon energy on May 20th could be quite intense. Set your intentions for the weeks to come but try not pushing too hard as you might be overreaching and attracting opposition from others.

## Taurus

Jupiter enters your sun sign on May 17th initiating a cycle of personal growth. New doors could open over the next 12 months. Use the Mercury retrograde period (until May 15th) for reviewing, reflecting and finishing projects that you would like to get out of the way before embarking toward new horizons. Extra patience is required.

## Gemini

Use the Mercury retrograde period (until May 15th) for reviewing your goals and finding out if they are aligned with your purpose. You might experience a period of tests and trials once the Sun enters Gemini (May 21 – June 22) including some confusion about what you could or should do. Take it as a process that will ultimately lead to greater clarity about your responsibilities and direction.

## Cancer

During the past weeks you may have been paying too much attention to your own aspirations and lost track of your social network which supports you on an emotional level. Make use of the Mercury retrograde period (until May 15) by reconnecting with friends and associates from the past. Some relationships might end now while new connections can be made soon.

## Leo

Issues surrounding your public and private lives are at the core of your current journey. Any push towards a new life direction coincides with changes in the home and changes to your daily routines. You might have to find a new balance between building structures for the future and purging old patterns that hinder this process of exploration.

## Virgo

The next two weeks are a great time to pause and make sure that you are not missing any important details. Giving the small things their due will serve your larger purpose. You might feel a push toward branching out and growing your vision beyond known boundaries. Nevertheless, focus on what needs to be worked on now, and leave everything else for later.

# May

**May starts with Mercury in Taurus being still in retrograde mode until the 15th.** Mercury retrograde cycles are helpful for reviewing plans and projects, redoing and repairing whatever needs fixing. They mark a three-week period when communication problems and delays of all sorts can be expected while the retrograde energy is great for retrospection and getting in touch with one's own inner realities.

**The Full Moon on May 5-6 is also a lunar eclipse.** Eclipses occur when there is an alignment between the Earth, Sun and Moon which happens twice every year when a lunar eclipse follows a solar eclipse or vice versa. This eclipse follows the Solar eclipse that happened two weeks ago at the last degree of Aries. Eclipses are harbinger of change and often coincide with important endings and new beginnings. The current Full Moon eclipse in Scorpio is opposite an enlightening Mercury/Sun/Uranus conjunction in Taurus and squares the Black Moon Lilith. This is a powerful signature for originality and inventiveness brought forth by the liberating effect of new ideas. We might suddenly realise that the old ways of problem solving are not working anymore and new more open-minded approaches need to be tried out and experimented with.

**Pluto, the modern ruler of the eclipse is stationary retrograde in Aquarius, the sign of technology, diversity and democracy.** Pluto squares the lunar nodes until November 2023 creating a tension between the past, present and future. The answer might be indicated by the sign of the North Node, which is currently still Taurus (until July). Taurus is an earth sign associated with values and resources on all levels, may they be spiritual, emotional or physical. The question is what kind of innovative ideas (Aquarius) are worthwhile to be given form because they help humanity to evolve (Taurus) and which ones have to be discarded because they could cause further destruction and crisis (Scorpio)?

Since Pluto entered Aquarius about six weeks ago, there have been many discussions about A.I., including the light and dark consequences it may have for all humanity. Jupiter transitions from Aries to Taurus on May 16/17 initiating a shift in perspective. Instead of rushing further ahead in the search for new territory to explore or exploit (Aries), we need to pause, collect our thoughts, feelings and imagination about the future that we are creating. As we are entering an era of life-transforming new technologies, humanity needs a whole new set of values, morals and ethics.

Jupiter is the planet of growth and expansion, gives abundance to the sign it is in and seeds new ideas. He remains in the earthiest sign of the zodiac until May 2024 and hopefully adds some patience, stability and realism to whatever is going on in the world. **Until the end of May 2024, Jupiter will be travelling together with revolutionary Uranus through Taurus.** We can expect more quantum leaps in science, technology and of course space travel (Uranus being the ancient sky god) but also in the quest for personal freedom, social change and equality amongst all people. On the downside, the current food and energy crisis might worsen as prices keep rising and people feel more stressed and anxious about financial matters.

**Jupiter will be square Pluto in Aquarius until June 11th when Pluto re-enters Capricorn (exact May 18th).** The 12-year Jupiter-Pluto cycle began in April 2020, the time of the pandemic when we witnessed the redistribution of wealth and power into the hands of a few while social inequality has been growing across the globe more rapidly since that time. Today, the richest 10% of the world population owns nearly 80% of all wealth. This is now the moment to have discussions about the kind of society we would like to create and live in as we transition into the Aquarian Age. In its negative expression Jupiter/Pluto stands for the plutocracy, for governments being managed by or for the wealthiest as well as the ruthless power grabs that go with it. On the positive side, Jupiter is the planet of expansion, improvement and opportunity. We can choose to design new patterns of living together, of looking after each other and taking care of the environment that we all share. The Jupiter-Pluto cycle ultimately can give tremendous faith in making the world a better place, provides opportunities to rethink our values and helps us to focus on what is truly essential.

**The New Moon occurs in the last degrees of Taurus on May 20th.** Taurus represents how we learn to develop a healthy relationship to the physical plane including our bodies and senses. Taurus' soul quest is the achievement of "right values" - how to successfully merge the physical world with the spiritual world and live in accordance with what brings us happiness, peace, and stability. With Jupiter, Mercury, the North Node and Uranus all in Taurus we could enter a phase of pragmatic solutions when creative and innovative ideas fall on fertile ground. Nevertheless, **Mars, the planet associated with personal ambition and ego drive enters Leo on May 21st forming a stressful tsquare with Pluto in Aquarius and Jupiter in Taurus.** It contains a warning not pushing too hard and burning oneself out in the process!

- Navigation by the stars

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## Libra

You can best make use of this Mercury retrograde cycle (until May 15th) by re-organising resources and cleaning up loose ends. Take a second look at whether you are unnecessarily overextended. Observe how and where you spend your energies, as you may be inclined to overdo it, attempting to achieve more than perfect outcomes.

## Scorpio

This might be a time of release and re-orientation, as there is a cosmic push to see and consider other people's values and points of view instead of being only fixed on your own perspective. When you get in touch with what feels most comfortable for you while learning about the comfort levels of others you are able to create the right balance of give and take.

## Sagittarius

While Mercury is retrograde (until May 15th) you are asked to be more organized and take charge of your routines. Formulate your goals and plans as clearly as possible and re-structure your life so that you can achieve your grand plan. Jupiter will be transiting Taurus from May 17th until the end of May 2024, promising good health and success with medical procedures or programs.

## Capricorn

The current times of endings and new beginnings might transform your social networks. You could walk away from a group you belong to or join a new one that better aligns with what you want to accomplish. This Mercury retrograde cycle (until May 15th) leads you onto a new path, if you allow yourself to follow your hunch and listen to your inner guide.

## Aquarius

During this Mercury retrograde period (until May 15th) you might find yourself questioning the path you are on including some core values that might be blocking your personal evolutionary growth process. It is essential to get out of fixed ruts and start moving in a new direction. Get to the heart of what you truly believe and resolve inner conflicts before you find yourself in conflict with others.

## Pisces

During this Mercury retrograde period (until May 15th) you might reflect on the way you are communicating with relatives and neighbours as well as the social fabric you are moving in. Not finding reliable answers could push you further towards searching for your own spiritual truth. With Saturn transiting Pisces until 2026 you may feel the strong need for more space and time to further your own inner development.



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Navigation by the Stars

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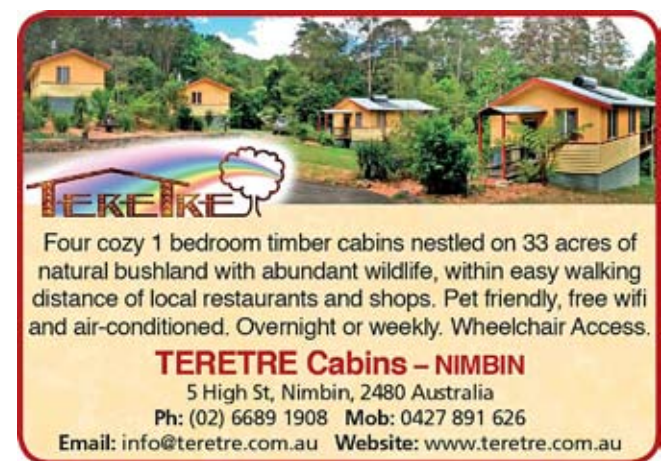


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# Abundantly alive

by Marilyn Devlin

Focusing on what I do have – and not what I don’t – transforms my life.

Yes, I need to open the box, unwrap the ‘midnight’ blue brand new Macbook Air. It’s bigger than a new computer... I get to type with two hands, all my fingers... connected to so many different places in my body.

Instead of one finger typing on my phone... these last six months. Goodness, time flies (yet holds within it so much). Everything is bigger than it appears. These times we’re walking through are huge.

And 2023 – what a special year she is. The Sacred Feminine presence is palpable.

There’s such a holding... a gentle presence, a nurturing and healing support. As we charge through layers... move through timelines. Our entire systems upgrading.

That’s a lot. Yet Life knows how to make this an enjoyable experience... a joy, a gratitude. A happiness and contentment.

What a year... I feel I want to savour every month. They merge into each other... yet they each present uniquely. I’ve not noticed it so much before. Things seem clearer. We need to give ourselves what we need. We are our caretaker, our lover, our friend.

I know deep down I have such a passion for life... not running here or there; although that happens along the way. Chasing dreams, learning... exploring all the wonders that be.

The kaleidoscope of experiences... range of sensations, breadth and depth of emotions... brilliance of the nervous system. And this extraordinary vehicle we have.

May is a lovely energy within the Mercury’s Retro/Shadow cycle. That’s significant. It’s a powerful time for Nervous System Healing. May is a powerful healing month over all.

First week of May we have a Full Moon Eclipse in Scorpio... Scorpio moon is always eventful.... if just for taking you deep into yourself... where everything happens anyway.

Samhain falls on same day as the Scorpio Eclipse... there’s a lot of depth and magick bundled here. Ancestral connections are strong... and available. A powerful healing time.

Adding his joy and expanding our capacity... Jupiter glides into Venus ruled Taurus. Aim your arrows precisely ... celebrate your bounty... explore the limitless abundance of Earth... and your Self.

This is a big Mother time... celebrating and revering our Sacred Mother Earth... our glorious home. Dream big... dream wild. Say YES.

Life is magnanimous and ever generous. We are provided with all we need.

When a lot is changing... and our foundations are shifting... we need to be slow and gentle with ourselves. We’ve been travelling at great speed... moving through lifetimes. We’re birthing new things.

How precious is it that we can be in the now. Yes, there can be times of discomfort... as we find us within all the rearranging. Nothing is where it was... and who knows where it’s going.

There’s a light ahead... it guides you. It surrounds you in every moment... we get distracted.... live a way that isn’t ours. Bumping up against our discomforts.

It’s like a giant peeling... yes the skin can be tender underneath. There’s some confusion... where’s the centre now... where am I to come from?

I come back to now... take in the bounty around me. I sink deep. I’m drawn in further.

Could life really be this simple... amidst it all? Is there a Grace, more powerful and overriding than we can understand?

Are we blessed from the moment we’re given access to this breath? We live our life trying to find ourselves. And then we do. We were here all along.

Getting acclimatised to shifting spaces with deep valleys of revelation. Being transformed as we breathe.

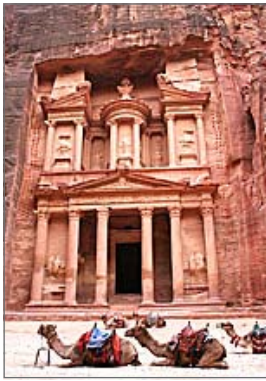
Sometimes it can feel a little weird... as you try to find yourself inside. The speed of shift is great. But this gorgeous Mother Earth holds us steady... reminds us how connected we are to her... and our Self.

# Nimbin Trivia Time

by Eclectus

## Questions

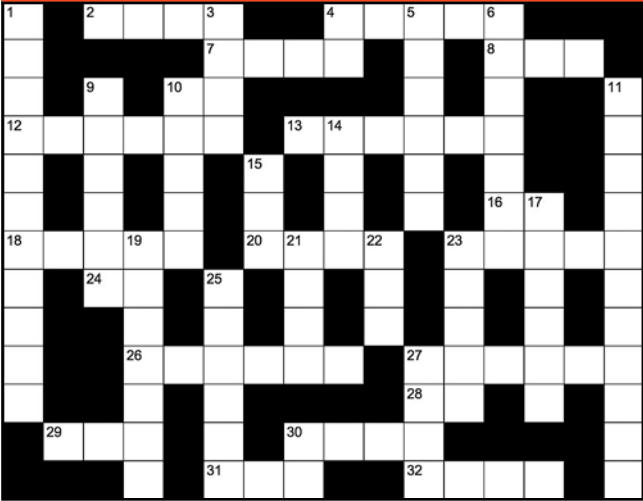
- Where is this grand edifice, Al Khazneh (The Treasury), also known as The Rose City? This place flourished in the Jordanian desert a thousand years ago, controlling The Incense Trade Route. Its population of some 20,000 people, the Nabataeans, valued freedom above all else in their desert stronghold. (Image by Graham Racher, courtesy of Wikimedia.com)
- Which of the following is the odd one out: Lap; Pocket; Rabbit; Butt; Biscuit; Lap Sash?
- Dolphins (several families of the infraorder Cetacea) are air breathing, aquatic mammals. How do they sleep without drowning? Hint: The answer is not “on a waterbed.”
- Who sang this lyric: “Rock and roll can never die?”
- Are there any winged mammals capable of sustained flight?
- Who won the inaugural Margaret McLaren Art Prize awarded at the Nimbin Art Fair in April 2023? Hint: this question is about current affairs.
- Where, in Nimbin, will you find Green’s Bridge? For a bonus point, what waterway does it cross?
- The rose produces a magnificent array of beautiful flowers, but does it produce any fruit?
- How many balls are racked up on a pool table for a game, not counting the white cue ball?
- Where, in your body, would you find a patella? Hint: you have two.



- Answers
- Petra, an ancient city in a sandstone outcrop surrounded by desert. It can only be entered through narrow defiles. Rare rainfall runs down the soft rocks, and the Nabataeans learnt, long ago, to sculpt channels and reservoirs thus creating the perfect desert stronghold.
  - Lap Sash, not because it has two words but because it is a type of sash, not, as all the others are, a type of timber joint.
  - Simple. They are capable of unihemispheric short wavelenght sleep (USWS). As ecologist Scott O’Keefe explained in his interesting article On Auto-Pilot in the February 2023 edition of the GoodTimes, USWS allows dolphins to sleep with one eye open and only half of their brain asleep at a time.
  - Neil Young and Crazy Horse in Hey Hey, My My (Into the Black) from the 1979 album, Rust Never Sleeps.
  - Yes, bats. From the tiny Bumblebee Bat (Craseonycteris thonglongyai) of Thailand with a three centimetre wing span and weighing less than two grams, to the Giant Golden-Crowned Flying Fox (Acerodon jebatus) of the Philippines with a wing span over 1.5m and weighing 1.4 kilograms; there are over 1400 species worldwide. Only the arid deserts and frozen polar regions miss out on these fascinating flying mammals. While quite a few other mammals such as the Sugar Glider and the Calugo can glide masterfully, they have no wings and are incapable of sustained flight. There is a flying fox camp in Nimbin from which thousands fly out every evening on their nightly mission to dine out and pollinate native forests.
  - ‘Rapunzel’, a timber piece by Pál Rózszka, took out the award which carries a \$3,000 purse.
  - Green’s Bridge crosses Goolmangar Creek on Stoney Chute Road near Nimbin Road.
  - Yes, the rosehip, found at the base of the flower. It ripens in late summer to early autumn and is used to make jam, syrup, tea, wine and even soup.
  - 15.
  10. One on each knee. The kneecap was invented by God so that we can all kneel before His loving omnipotence.

# Nimbin Crossword

2023-05  
by Novata



## Across

- Eager or curious to see something (4)
- Person regarded as eccentric or mad (5)
- Walk through relatively shallow water (4)
- Someone ardently devoted to something (3)
- In reserve, not for immediate use, as in put (2)
- Wrestling hold – arm passed under opponent’s arm from behind, hand pressures back of neck (6)
- Most unfortunate or miserable (5)
- Indefinite short time (abbrev) (2)
- Burdened psychologically or mentally (5)
- ‘Waterloo’ song hit stars (4)
- Seem appropriate (5)
- Electric railway on above-street level track (2)
- Fight violence and try to establish peace (6)
- Rabbit-sized rodent used as food in Latin America (6)
- Have an existence (2)
- Succeed at easily (3)
- Musical composition evoking rural life (4)
- The day before (3)
- Talk incessantly and tiresomely (4)

## Down

- Accept what is claimed, declare to be true (11)
- Celtic underworld god (4)
- Plural of first person pronoun (2)
- Brief dramatic scenes played by famous actors (6)
- Belonging to some prior time (7)
- Make a more or less disguised reference to (6)
- Petty officer on a merchant ship, controls work of other seamen (5)
- Desires to do something you know you should avoid (11)
- Aggressive remark intended to have a telling effect (4)
- Apparently limitless in quantity or volume (3)
- Remnant of paper, fabric, plywood (6)
- Time having passed by (7)
- Blow with the fist (4)
- Terminate (3)
- Flat bottom boat used for carrying heavy loads, often on canals (5)
- Take on duties or office (6)
- With competence (4)
- That is to say (inits) (2)

Solution: Page 38

# NOT JUST NIMBIN

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# High ropes experience

by Jazmine Shearer Dunmore  
(Class 8 student)

High Ropes Experience with Class 8 From Rainbow Ridge Steiner School had an amazing three-day leadership camp at Mount Tambourine, in our last week of Term 1. The main attraction being the high ropes course at Thunderbird Park, which we would do on the second morning. The first morning we departed Rainbow Ridge and embarked on the two-hour drive to our campsite. When we arrived in the small village of Mount Tambourine, we stopped for a short rainforest walk and spent some time by the water at Cameron Falls. Once we had arrived at our campsite, we put up our tents and made our own dinner in pairs on Trangias. We then went on an amazing night walk under the full moon and star-filled sky to a beautiful waterfall where we sat in the still quiet canyon of Cedar Creek Falls, having the usual busy tourist spot all to ourselves. We woke up early the next day ready to go

on our high ropes adventure. We had our safety briefing, and after a bit of a wait we began the different courses. There were varying levels of games and challenges all built up in the canopy of the beautiful gum trees. The group completed the majority of the obstacles with the most difficult being the Black Diamond level. The favourite part was the long ziplines which were a fun reward after the challenges and concentration needed to complete each course. We had a lovely rest of the day spent swimming in a gorgeous waterhole near the camp. The last morning was spent packing up the campsite and making the food for our day on the road. We said goodbye to our campsite and began our trip back to school, stopping to eat the wonderful lunch we prepared. All in all, the camp was an amazing experience. I think we learned a lot as a group working together, and I look forward to going on many more adventures with this class in the coming terms

# Growing inquisitive young minds



At Tuntable Falls Community School, our dedicated teaching team continues to deliver curriculum through innovative streams of learning. Our newest kindergarten enrolments experienced this first-hand as their first-term learning was undertaken through *Investigations*, STEM and SEE. *Investigations* is an innovative, evidence-based experiential learning format; STEM is an ability-appropriate program with integrated learning areas; and SEE is our unique Sustainability/Environmental program. These learning streams not only encourage curiosity, engagement and creativity, they add value to the teaching of literacy, numeracy and life skills. Our kindergarten students are supported in their new routines and environment by their peers who teach them new playground games, support them socially and share interesting learning projects that they have to look forward to in their later school years. Continuing opportunities for strengthening peer relationships across the school occur during sporting teams, buddy reading groups, whole school celebrations such as Harmony Day, Garden Day and the recognition of seasonal changes. Whole school celebrations are embedded with cultural experiences that involve

learning through creative arts such as making with clay, cooking delicious lunches and making music. Term 1 celebrations offered family members the opportunity to share their worldly experiences, garden skills and local knowledge and wisdoms. Our term 1, K-2 and whole school excursions offered kindergarten families the chance to join with the school community to walk the Mount Mathieson bushwalk and camp at Flat Rock Ballina. At Flat Rock, the students and families engaged in whole school curricular activities such as exploring and learning about the rock-pools, listening to traditional stories by local Aboriginal Elder, Lois Cook and undertaking the annual rite of passage epic and exciting bike ride. Our newest families have kindly contributed to the upkeep of our school vegetable garden and assisted with our *Investigations* learning stream. Having our families contribute to our school environment has helped to build social connections and to settle and strengthen their child's sense of belonging, which has seen them thrive in their new learning environment. For enrolment and school tour details, please contact our administration team at: [tuntableschool@gmail.com](mailto:tuntableschool@gmail.com) or phone 0491 466 619.

# Jam-packed preschool program

by Anna Lusty, parent and committee member

Some of my happiest memories from childhood are from my preschool days. I remember having crushes and favourites of the various teachers and carers that I adored and who adored me. I remember being so excited about the dress up box and making a bee-line for my favourite items when I arrived each time. I remember... the sandpit, painting, craft, interpretive dance with scarves, laughter, joy and I remember being gently stroked on my forehead at rest time and how lovely that felt. My preschool in the Blue Mountains in the 80's was progressive. All this comes back to me when I take my children to the Tuntable Falls Early Childhood Centre, which has all these elements and more. If only I were four again! With the 'creek programme', school garden and regular walks around the community and through the bush, Tuntable Preschool has been doing 'Bush School' long before it became a buzz-word. The weekly programme includes circus skills with Simon Adams (previous



Children making native tamarind jam

director of Spaghetti Circus), climbing the silks and ropes, balancing and tumbling. Last year they had a regular creative dance/movement class with Dr MiriamTorzillo (Doctor of Education), with scarves and interpretive moves galore. Hopefully that will be resuming soon. Music and song are part of the regular creative expression. They do craft and woodworking activities with real tools including drills, saws, screwdrivers and hammers. They practise fine motor skills and creativity hand-sewing with needle and thread and at times use the sewing machine as well. They are constantly in the kitchen, cooking and using knives preparing food from the garden and local bush tucker. In summer they frolic in water and in the mud pit. In winter they help start an outside fire and cook damper. They have messy fun and are empowered and closely supervised to use tools usually deemed as too dangerous. In their creative pursuits, they learn about different artists and take inspiration

from them, for example each doing blue figures in the style of Matisse. A knowledge of the First Nations peoples of our land is important and when they get the opportunity they learn from local indigenous elders, and have learned 'head, shoulders, knees and toes' in Bundjulong as well as Welcome to Country. They have a regular visit from a storyteller and explore different issues and emotions through narrative and play. There is a bike track, a climbing fort which is integrated into a tree and a sandpit as well as a plethora of indoor activities and play spaces to enjoy. Truly a playground of wonder and delight for the imagination and physical body to run wild. So yes, it's a jam-packed programme, and yet the focus is on child-led play-based learning that the wonderful team of kind compassionate educators excel at facilitating on behalf of our beautiful children. I usually have to drag my children away at the end of the day, which says it all, they are having such a great time, they do not want to leave. I'm so grateful to have such a wonderland for my children to blossom and grow!



Photo: Sue, crochet class tutor

## Open Learning classes start

Nimbin Open Learning Term 2 begins on Wednesday 3rd May. Late enrolments are possible in most classes. Classes are being offered in Drawing, Creative Writing, Mixed Media and Learning to Crochet. All six-week courses cost \$60. For more information, call 6689-1477 or contact us on facebook at Nimbin Open Learning. The Nimbin Open Learning Centre is an initiative of the Nimbin Community School.



# In the heart of our community

by Linnet Pike, president

As always, the Nimbin CWA Branch has been busy and active in the heart of our community over the last month.

We may all be heading into particularly hard times, both locally and in the wider region. Winter is coming, as our old *Games of Thrones* fangirls are wont to intone.

And many are still in a traumatic liminal space – not knowing what the future holds, facing the rising costs of living and the housing crisis.

I ask you to remember kindness in actions with others, to support and hold space for all in our community who are experiencing the vagaries of this world in which we now exist.

In collaboration with other not-for-profits in town, such as our mates at Nimbin Neighbourhood Centre and at Nimbin Aged Care, we try and offer support to many in our community.

Our Wednesday “Open Door” days (held on the second and third Wednesdays of each month) continue to be a welcoming space for locals to drop by, have a cuppa, browse through our clothes and handicrafts, and yarn with whomever is sitting at the tables.

We take great pleasure

in providing cheap, home cooked meals for lunch. Our cookery officer, Tash Fuller, has a deft hand in planning menus and juggling the rosters for the cooking of a range of delicious sweets (including gluten free) for our regulars.

It’s a great opportunity for local women to drop in and meet some of our branch members and several “new” local women who have joined our branch this year.

Our room is always buzzing on Community Market days, when we bring out the bric-a-brac, and bib and bobs, everything from yarns and kids’ toys to vintage patterns and jewelry.

Members have been working on green themes for the upcoming MardiGrass, under that dynamic artist, Pauline Ahern (our handicraft officer) who can turn her hand to anything.

Our position behind the main stage means that we can enjoy the music playing throughout the day. We were particularly thrilled by the installation of the “Peoples Piano” on the stage. Many a time we hear kids, travellers, or maestros playing, when we are in and out of our Room, during the week.

Three of us are off to the CWA State conference in Bathurst in early May. Bev Gardner and I are delegates for Nimbin Branch and



Photo: Marie Cameron

Tash Fuller will be an observer, volunteer and, as our branch publicity officer, will be reporting back via our Facebook page on important motions coming up at conference.

Several branches in our Far North Coast Group have important motions to be voted on by delegates.

The CWA has now been in existence for just over one hundred years and advocates on a wide range of issues affecting women and their families in rural and remote areas; the vital importance of some issues and the highly regarded grassroots voice of country women has had an extraordinary impact on policies, and outcomes for us all, over the years.

## Remembering Moksha

Our branch was beyond saddened to hear of the death of our very cherished and beloved Moksha aka Granny Breath Weaver (pictured) a woman of spirit, passion and conviction, a mistress of weaving, art and magic, a mentor, visionary and creator of dreams, an elder and friend to many in our community.

Moksha connected with CWA Kyogle Evening Branch, and with Teri Lee put out the call for a meeting in our hall, to see if there was interest in re-forming the Nimbin Branch.

That evening in January 2019, about 30 women came. And here we are, so poignantly aware of our heart debt; as a community we all are beholden to Moksha for her many gracious giftings over these many years.

With loving gratitude, our branch will provide light refreshments at Moksha’s Memorial in Allsopp Park, Nimbin on Wednesday 3rd May at 2pm.

We offer deep love and condolences to her family, and all who loved this singular precious country woman.

We meet on the second Monday of each month at 4.30 for a 5pm start. Follow us on Facebook at CWA Nimbin Branch.

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## NORPA gives young local performers a lift

NORPA has joined forces with Strings Attached physical theatre to give young local performers experience in aerial choreography and theatre making.

During the free, week-long intensive workshop held at NORPA’s pop-up Makers Hub at Lismore Showground, 15 young aspiring performers and dancers aged 14 to 21 years from across the Northern Rivers were harnessed up and flew through the air in a spectacular display of creativity.

Participants explored the question ‘What lifts you up?’ and were guided through aerial training, improvisation and choreographic techniques.

At the end of the workshop the participants shared their new skills in an informal performance to family and friends at NORPA Maker’s Hub.

Following two years of pandemic and 2022 devastating floods, “the mental health of our regions’ young people has affected many schools, young people and families,” said NORPA’s artistic director Julian Louis.

“At the centre of this project is the role of community, its resilience and care – how we connect and



Sabyah  
Photos: Kate Holmes



Nala

work together to lift above the rubble and destruction,” he said.

The workshop was developed with Strings Attached, a NSW regional based, aerial-focused physical theatre company founded by Alejandro Rolandi and Lee-Anne Litton in 2006.

Artistic director of Strings Attached, Lee-Anne Litton, has also personally experienced the challenges that come with disasters. “From day one of this workshop we have worked slowly building trust with the equipment, the techniques and most importantly, with each other.

“It’s a phenomenal achievement where we are now at the end of this week-long workshop. I look forward

to seeing where we lift off to,” she said.

Workshop participant from Nimbin, Sabyah, aged 15 said, “It’s been really amazing to learn something totally different that not many people would get to learn and to have Strings Attached come and teach us. Theatre lifts me up. It has the power to shape one’s emotions. Hope also lifts me up.”

On the last day of the workshop Nala aged 13, also from Nimbin, said, “I’m feeling exhausted but also excited for the performance for our family and friends. I loved getting to know everyone and working together. I love dancing, and music, it’s like therapy to me.”

LIFT was proudly supported by the NSW

Government through Creative Capital and the Stronger Country Communities Fund, and the Creative Capital grant which funded the replacement of the staging infrastructure NORPA lost in the 2022 floods.

Tilly, aged 17 said, “It’s been a really fun week. I loved going upside down in the harness and swinging around. Theatre, dance, art and music lifts me up.”

The Lift workshop is the first in a series of free workshops at NORPA Makers Hub, the theatre company’s pop-up theatre making space it has created in one of the pavilions at Lismore Showgrounds.

More info on NORPA Makers Hub: <https://norpa.org.au/events/makers-hub>

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# Natural Law

by Helene Collard

The pain and anguish you have been feeling, is an important doorway, inviting you to shed aspects of the old self.

Learning to dissolve the worry that feels so deep, so ingrained – even generational. Melting the fear that freezes you, even when elements of your life that symbolise security, stability and survival, currently seem to hang precariously in the balance.

Learning to recognise, yet not dwell in the 'funk'. Upping meditation, journaling and exercise to three times a day, because a multiple, daily reset is what's currently required to keep your body, mind and spirit, healthy and balanced – where you want it to be.

The internal programs that are causing you pain, represent *expired* ways of how you know, be and do in the world, and you are being asked to shed and delete these, forever.

These expired programs sense they are under threat and are pulling out every stop to ensure their survival. You are at war with a beast that has kept you in a false sense of safe, for far too long – like a family violence situation, where you feel trapped, and every time you try to leave, you feel overpowered by a mighty, and determined force, that needs you to stay exactly where you are, so



they can continue running the program.

The one thing that will destroy this destructive and abusive force is self-loving change. Change the program.

Change the music and dance a new dance. End this book and begin a new one. Wipe the slate clean. Clear and toil the fields. Prepare it for new seed.

For a while we've been feeling the pain of a great ending, whilst simultaneously having moments of reassurance that a warm, new light is coming through.

It's time to bring more of that warm light through, by acknowledging the ways of operating, you want to change.

You don't need to know how, you just need to confess you don't want it anymore, and that you want it to change.

Consider a ritual to mark this ending for you. It's your call.

Visit [www.yemayacentre.com.au](http://www.yemayacentre.com.au) to see what's on.

## Female Football Week fundraiser to support NNIC

by Carol Boomsma

This year we will celebrate Female Football Week on Sunday 28th May, to support the Nimbin Neighbourhood & Information Centre to help provide the services they do so very well: looking after women and children in need in our unique community, in appropriate and responsive ways, informed by their 40+ years of experience.

Female Football Week is a nationwide initiative to celebrate the immense growth of women's football at all levels of the game and acknowledge and promote the important role women play in developing football.

The objective of Female Football Week is to drive female participation at all levels of the game, with a key focus on increasing female player participation.

At the Nimbin Headers we encourage female participation at all levels and we're thrilled to have two



women teams signed up and playing for the 2023 season. Many of the players have returned for another season and many players are new to the game and playing for the first time.

What do we love about the sport? What's the appeal?

This can be as individual as our players. We are such a diverse group of women, coming from all backgrounds, experience and temperaments with the shared goal of fun, fitness, teamwork and

friendship.

Our ages range from 16-year olds to 60-plus year olds. For many of us, what drives us, what makes us commit to a season of sport, is total complete and absorbing fun.

Many who haven't been "bitten by the football bug" are unable to understand the appeal. One of our players described it beautifully: "It has turned out the game is only half the sport. It's the friendships, the community, the encouragement, the understanding and the shared passion."

We'd like to thank our generous sponsors of this event, Rainbow Power Company, Nimbin Hills Real Estate, Nimbin Crystal Tourist Park, Nimbin Law, Nimbin Headers Sports Club and Nimbin Artist Gallery, as well as many donations from local artists, ceramicists and local businesses. Your generosity and community spirit is very much appreciated.

Female Football Week Fundraiser for Nimbin

Neighbourhood & Information Centre is on Sunday 28th May, 11am to 5pm at the Nimbin Soccer fields, 40 Cecil Street.

Watch us in action! Join in the fun! Two women games, BBQ, food, raffles, auction, music and footy fun for all! All welcome!

If you would like to be involved or donate a prize for the raffle, please get in touch. If you would like to donate your time and energy selling raffle tickets from your business, or helping out on the day, we invite you to do so. Please get in touch!

Contact Nimbin Headers Women's Co-ordinator, Carol Boomsma at 0427-143-346 or: [nimbinheaderssportsclub@gmail.com](mailto:nimbinheaderssportsclub@gmail.com)

Donations can also be deposited into the Nimbin Headers Sports Club Summerland Credit Union account: BSB 728728; Account 22204399. Please reference with 'FFW'.

Alternatively, you can make a cash deposit at Summerland Credit Union.

## Coming to grips with nutrition



by Tom Jones

Another month and another reason to get stronger, healthier and fitter.

Congratulations if you have started your journey of self-mastery and if you have stumbled or procrastinated I say unto thee this: your past does not dictate your future. Just because you have never been strong fit and healthy, or have fallen out of fitness does not mean you have to stay the same in your future.

Let's do a crash course in what nutrition is all about: proteins, fats, carbohydrates and alcohol. These are what is known as macronutrients. Vitamins and minerals (the really really small bits) are the micronutrients. All macronutrients can provide energy and some will provide energy at different rates.

For example, fats (butter) will deliver energy to the body slower due to fat breaking down slower in the belly. Imagine a bowl of cornflakes, the soft cereal breaks down and turns to mush very quickly when liquid is added, whereas if you add the same liquid to a block of butter it does not dissolve. An oversimplified example, but you get the idea.

Energy cannot be created nor destroyed; it simply changes forms. Meaning, whatever goes in the hole under your nose has to go somewhere, just because it's gone inside doesn't mean it doesn't exist anymore!

Proteins and fats are essential nutrients, whereas carbohydrates are just important. Proteins are made of amino acids and are the building blocks of our bodies. We need to consume them exogenously as we cannot produce them ourselves. Food highest in proteins are whole eggs, cottage cheese, tuna, fish, beef, with foods grains like oatmeal and wheat being at the bottom of the bioavailable and protein digestibility corrected amino acid score list.

Fats are similar in the sense they are essential for survival, however they are

made up of three parts: Triglycerides are what saturated, monounsaturated, polyunsaturated and trans-unsaturated are. These are the parts of fat that give us energy and the main ones to focus on when reading a label.

Rule of thumb – if it says that it has trans-unsaturated fats in, do not eat! The same goes for all seed oils. Seed oil contain PUFAs which are top for the cause for most metabolic diseases, especially heart disease. Good forms of fats are olives (and olive oil) coconut oil, raw butter, fatty wild fish, fatty meat (especially beef) from organic sources, hemp oil, raw milk cream and organic butter. Bottom line is, good fats are good.

Carbohydrates come in many forms, some of which are truly delicious works of the gods, however they have different impacts on the body and all come at a cost. Those that have a high carb diet will probably deal with sugar cravings, mid-afternoon crashes and mood swings. All of these are in some way or another to do with fast carbs (like sucrose/sugar) spiking the body's insulin levels and then signalling cravings when the spike wears off.

This fluctuation is what

you want to avoid. Keep the sugary stuff to a dull roar and focus mainly on the proteins and the fats at each meal. Add in green vegetables, rice or some potatoes for your carbohydrates, maybe some bread, however make sure that it is not irritating your gut as this can impede progress too.

Go hard on the greens and take it easy on the rice is a good rule of thumb if you are trying to lose fat. Keep the blood sugar levels on an even keel and the rest will follow.

With all that being said, treat yourself with a Danish every now and again and don't forget to live a little. Have you heard of the 80/20 rule? 80% of the time you are good and 20% of the time you can give myself a break. The good Creator created pastry chefs for a reason!

Next month we will look at the next part of the picture which is energy balance and how to calculate it for your needs.

If you want any help with your nutrition, eating habits or fitness regime, then don't hesitate to get in touch or come down to the gym at the Nimbin showgrounds. Stay strong. Stay fed.

Email me: [charliejones5891@protonmail.com](mailto:charliejones5891@protonmail.com)

## Nimbin Crossword Solution

From Page 35





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# Dream big with RPC's latest product: The SolVa Commercial

by Diana Gosper, Rainbow Power Co

RPC is introducing a new stand-alone (off grid) solar power system!

Proudly Australian made in our manufacturing warehouse in Nimbin, these are our largest systems ever!

The SolVA Commercial containerised solar power systems for extra-large projects and those dreaming BIG!

RPC recently completed installation of its first 100 kW containerised solar system for Mansfield Estate Eco Retreat in Port Macquarie.

For this project we bought a refrigerated shipping container, which we fitted out with a 7kW air conditioner, insulated and waterproof, housing the major components of a stand-alone Off Grid system consisting of:

- 96 kW SMA 8.0H battery inverters (12 x Sunny Island inverters using a multi cluster box).
- 320 kWh BYD LV Flex battery bank (64 x 5kW new technology BYD LV Flex, and this was the entire first shipment into the country and first allocation of that type!).
- 100kW solar array (270 x Trina 370W panels) with plenty of space for even more panels and scope to upgrade, with an expansion planned for the near future to double the size of the current battery capacity.
- 35 kVa back-up generator.

We design these systems to have three days of autonomy, meaning that in extreme rainy cloudy weather where there is no PV production, the batteries will last for three days before they will need re-charging, at which stage if the sun has still not come out you would need to run your generator to bring the batteries back up to charge.

We incorporate the right generator



into your system and install it with the correct connection type.

Safety is our utmost priority and we have all of our accreditations and licences, as well as quite a few awards for outstanding innovation and design!

This client was in a rush and the quote, design and install was finished in record time. It is RPC's biggest install to date, powering the equivalent of a small village. It took a dedicated and hardworking manufacturing and installation team to bring this project together.

We hope this will start a trend and become the norm for businesses to look for alternative ways to deliver the energy that they need. Why keep paying a power bill when you could be investing in your own power plant?! And ethically and environmentally, it just makes sense.

Gee we have really come a long way with our Company and what we can offer. When RPC started back in 1987, our customers were happy to run a light or a radio! Now mod cons in off grid houses are not unusual, in fact they are expected, and even entire villages are run without compromise on the overall quality of life and appliances and items

able to be used and charged.

Generators are seamlessly integrated into the system to easily transition from solar to backup generator (or grid).

Hairdryer, toaster, kettle, air-con, pumps, electric vehicle chargers! Whatever you want to power you can do it now with solar (and with RPC).

The staff of RPC have a combined knowledge of hundreds of years, and are understandably your local authority on solar power and renewable energy. We design high quality Solar Power systems off grid, on grid and hybrid, plus we specialise in Solar Battery storage.

Our products are made to stand the test of time in harsh, hostile and rural conditions, and our installs are backed by long warranties.

Plus we are here to stay – 36 years and counting! No easy feat in this day and age.

Our longevity is the basis for great supplier relations, meaning we are able to compete with the heavy hitters on component prices, and yet remain a local friendly business not putting profits first, but putting people and the environment first.

Check out our many five-star reviews from our countless happy customers.

On a last note. Now more than ever we value and foster our founding mission, to turn the tide away from environmental destruction and towards environmental harmony.

It can be hard to fathom how we navigate the future in such rocky times, but if we follow our main ethos, it really all comes back to the environment, our love for the planet and desire to protect it.

Make a difference by going solar with RPC. Call 02 6689-1430, visit: [rpc.com.au](http://rpc.com.au) or email: [sales@rpc.com.au](mailto:sales@rpc.com.au)

## Flourish Sanctuary

by Jaged

A small community farm in the picturesque countryside of Nimbin is gaining small-scale popularity among WWOOFers – Willing Workers On Organic Farms – due to their sustainable practices, friendly atmosphere and the presence of a non-denominational temple on-site.

The farm, formerly known as Black Sheep Farm produces a variety of organic fruits and vegetables, and also runs a farm-stay program that allows guests to experience life on the farm while contributing to its upkeep.

Flourish's commitment to sustainability is evident in their use of natural fertilisers and pesticides, as well as their focus on water conservation and minimal waste.

We believe that organic farming is not only better for the environment, but also produces healthier and more flavourful produce. We're passionate about conscious community and want to share that with others."

The farm-stay program provides flexibility combined with a unique opportunity for visitors to experience conscious community life first-hand. WWOOFers are invited to participate in a variety of activities, including feeding chickens, tending to the vegetable garden as well as participating in meditations.

In exchange for their help, they receive free accommodation and meals, as well as the opportunity to learn about diverse kinds of spirituality, sustainable agriculture and connecting with like-minded people.

Our farm-stay program is all about creating a welcoming and inclusive environment. We want our guests to feel like they're part of our community and that they're making a meaningful contribution to what we do.

The farm has already welcomed dozens of WWOOFers from all over the world, many of whom have praised the warmth of its hosts and the incredible temple on the land.

"The farm was such a welcoming and inspiring place," says Charlie, a recent WWOOFer from Cardiff, Wales. "I learned so much about farming and made friends along the way."

As Flourish continues to grow, Jagad and his team are excited to welcome more WWOOFers to their community. We believe that by working together and sharing knowledge, we can create a better world for ourselves and future generations.

If you, or someone you know, wants to find out more about WWOOFing at Flourish Sanctuary, they should visit the website at: [www.flourishsanctuary.com.au](http://www.flourishsanctuary.com.au)

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John  
0428 200 288



Jacqui  
0439 15 6666



Samara  
0429 806 288



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0427 531 951



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